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# Eat a Variety of Foods



For good health and nutrition eat foods from each of the major food groups every day. No one food has all the nutrients you need.

## \$ Make Your Food Dollars Count \$

U.S. Department of Agriculture, July 1984, Program Aid No. 1346

## Vegetables

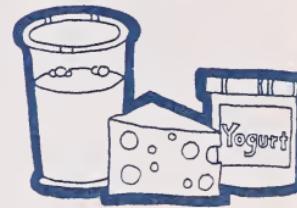
give you nutrients such as vitamins A, C, and E. They come in many colors—yellow, purple, white, red, and orange.

- They are low in fat and high in fiber.
- When in season, fresh vegetables are good buys. At other times, frozen ones may be better because they are frozen quickly.



## Milk and milk products

are a good source of calcium. Everybody needs it — adults, too!



- You can buy whole, skim, low-fat, evaporated, buttermilk, or nonfat dry milk. Yogurt, ice cream, and cheese also have milk.
- Nonfat dry and fluid skim milk cost you less. These have the least fat, too.



## Dry beans, peanut butter, eggs, fish, poultry, and potatoes

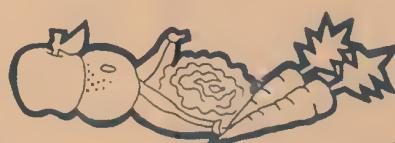
are good sources of protein.

- Some are lower in cost than meat. For example, beans, peanut butter, eggs, and potatoes.
- Try combining protein foods with carbohydrates such as bread, pasta, and potatoes in soups and stews.

## Vegetables and fruits

give you nutrients such as vitamins A and C. Eat a colorful variety: green, yellow, purple, white, red, and orange.

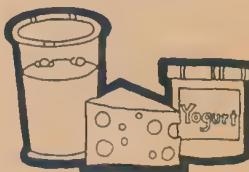
- They are low in fat and good sources of fiber, too.
- When in season, fresh vegetables and fruits are good buys. At other times, canned and frozen ones may be better buys. It pays to compare.



## Milk and milk products

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**EAT A VARIETY**



## Bread, cereal, rice, and pasta

both whole-grain and enriched, are good sources of many vitamins and minerals.

- Most are low in cost. Whole-grain foods are good sources of fiber.
- Some people think these foods are fattening. But the starch in them has only half as many calories as fat and the same as sugar and protein.

## Dry beans, peanut butter, eggs, fish, poultry, and meat

are good sources of protein and other nutrients.

- Some are lower in cost than others — Examples are dry beans, peanut butter, eggs, beef liver, and chicken.
- Try combining protein foods with low-cost breads, cereals, rice, pasta, and potatoes in soups, stews, and other mixtures.

# A Snack Is a Mini-Meal



Think of snacks as small meals, not as extra food between meals. Choose snack foods that are high in nutrients.

**\$ Make Your Food Dollars Count \$**



## MAKE ALL YOUR MEALS AND SNACKS COUNT TOGETHER FOR GOOD NUTRITION

- Choose nutritious snacks from any of the food groups.

Vegetables and Fruit	Milk	Breads and Cereals	Meat and Protein
apple banana fruit juice orange raw carrot raw celery	cheese milk pudding	bread or toast crackers dry cereal popcorn tortilla	chicken egg peanut butter refried beans

OR

- Combine foods from different food groups:

milk + fruit = fruit shake  
cheese + bread = cheese toast  
celery + peanut butter = stuffed celery  
cereal + milk = an old-time favorite



- Cut down on snacks that are high in sugar, fat, and salt.

Too many of these snack foods can lead to poor nutrition.  
Sugary snacks can lead to tooth decay.

- Choose nutritious drinks — compare what you pay with what you get.



Cost of 1 cup:

29¢



Coffee

9¢



Orange  
Juice

19¢



Milk

11¢

Nutrients:

LITTLE  
Vitamins  
Minerals

LITTLE  
Vitamins  
Minerals

LOTS OF  
Vitamin C

LOTS OF  
Calcium

